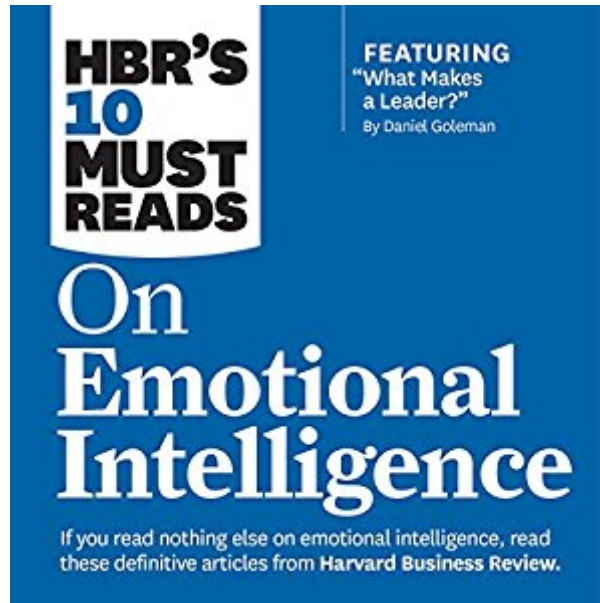


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# HBR's 10 Must Reads On Emotional Intelligence



## Synopsis

In his defining work on emotional intelligence, best-selling author Daniel Goleman found that it is twice as important as other competencies in determining outstanding leadership. If you listen to nothing else on emotional intelligence, listen to these 10 articles by experts in the field. We've combed through hundreds of articles in the Harvard Business Review archive and selected the most important ones to help you boost your emotional skills - and your professional success. This book will inspire you to: Monitor and channel your moods and emotions Make smart, empathetic people decisions Manage conflict and regulate emotions within your team React to tough situations with resilience Better understand your strengths, weaknesses, needs, values, and goals Develop emotional agility

## Book Information

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## Customer Reviews

This is one in a series of volumes that anthologizes what the editors of the Harvard Business Review consider to be "must reads" in a given business subject area, in this instance emotional intelligence. I have no quarrel with any of their selections, each of which is eminently deserving of inclusion. Were all of these ten articles purchased separately as reprints, the total cost would be \$60 and the practical value of any one of them exceeds that. Given the fact that it now sells this one for only \$14.97, that's quite a bargain. The same is true of volumes in other series such as "HBR Guide to...", "Harvard Business Review on...", and "Harvard Business Essentials." I also think there is great benefit derived from the convenience of having a variety of perspectives and insights gathered in a single volume. In all of the volumes in the "HBR 10 Must Reads" series that I have read thus far, the

authors and their HBR editors make skillful use of several reader-friendly devices that include "Idea in Brief" and "Idea in Action" sections, checklists with and without bullet points, boxed mini-commentaries (some of which are "guest" contributions from other sources), and graphic charts and diagrams that consolidate especially valuable information. These and other devices facilitate, indeed accelerate frequent review later of key points later. Those who read this volume will gain valuable information, insights, and counsel that will help them to monitor and channel their moods and emotions; make smart (i.e. empathic, "people") decisions; manage conflict and regulate emotions within their team; react to tough situations with circumspection and resilience; better understand their strengths, weaknesses, needs, values, and goals; and develop emotional agility.

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